



Flipping Physics Lecture Notes: The Basics of Making Engaging Flipping Videos

Before you start filming:

- Turn off your mobile phone.
- Silence extraneous noises.
- Post a “*Please* do not disturb. Flipping Video in Progress” Sign.
- Make sure you are recording.

Live video and Picture-in-Picture:

- Look in a mirror.
- Think about the video background.
 - (no bright lights, including a window)
- Center yourself.
- Remain rather stationary.
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When using Text and Equations:

- Big Text in a screen legible sans-serif font like Helvetica.
- DON'T USE ALL CAPITAL LETTERS!! (UNLESS YOU ARE SCREAMING)
- Drop Shadow (doesn't really work well with black text on a white background.)
 - **Outline** is also sometimes a good option.

Video Length:

- Jon Bergman, “My rule of thumb is one to 1½ minutes per grade level.”
- Flipping Physics' Suggestion?
 - Make your videos as short as possible.
 - Speak at a normal pace.
 - Allow time to breathe.
 - You know your students and subject material.